

GENERAL INFORMATION

ENROLLMENT:

Camp is open to all Wayne County students entering grades 4 - 9 for the start of the upcoming school year. This includes students from the **Wayne Highlands, Western Wayne and Wallenpaupack School Districts.**

TUITION:

The cost for the three day camp is only \$40. This includes all instructional phases, refreshments and snacks, and a T-shirt (pre-registration) and certificate of attendance upon completion of the camp. Please see registration form for details.

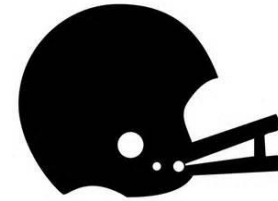
REGISTRATION:

Sign-in will be held at the entrance to the **Middle School gym from 8:00am – 8:45am on Monday August 3rd**. The first session of the camp will begin at 9:00am. **Camp will begin promptly at 8:00am on Tuesday and Wednesday.**

WHAT TO BRING:

All participants should wear a good pair of sneakers or running shoes (spikes may be worn but are not necessary), shorts or sweatpants, and t-shirt. Please no jewelry or baseball caps. There is NO need to pack a lunch – snacks and refreshments will be provided during the camp. Participants **MUST** bring a **GREAT ATTITUDE** and a **DESIRE TO LEARN** and **WILLINGNESS TO HAVE FUN!!**

WAYNE COUNTY COMMISSIONERS JUNIOR HIGH FOOTBALL CAMP



AUGUST 3, 4 & 5

**8:00 – 12:00 NOON
RAIN OR SHINE**

**FOR BOYS ENTERING
GRADES 4 – 9**

**HONESDALE HIGH SCHOOL
FOOTBALL COMPLEX
TERRACE ST. HONESDALE**

TOPICS TO BE COVERED

FOOTBALL FUNDAMENTALS

➤ QUARTERBACKS

Techniques covering different phases of the passing and running games and reading defenses.

Footwork and ball release will be stressed.

➤ RUNNING BACKS

Techniques and drills for running, blocking and pass receiving. Focus will be on footwork and agility.

➤ OFFENSIVE LINE

Blocking techniques for the running and passing game. Special attention to coming off the ball, maintain blocks and footwork.

➤ RECEIVERS

Techniques and drills for blocking, route running, coverage patterns, agility and catching the ball.

➤ DEFENSIVE BACKS

Man to man and zone coverage and drills, reading and reacting to the ball as well pursuit angles.

➤ LINEBACKERS

Drills and techniques for the pass and run game along with filling holes, read and react, playing down hill and pursuit.

➤ DEFENSIVE LINE

Techniques and responsibilities for odd and even man fronts, vs. traps pass rushing, shedding blocks.

➤ KICKING GAME

Punting, extra points, field goals and kick off techniques.

WEIGHT TRAINING AND FLEXIBILITY

Proper technique and form will be stressed to help improve overall body strength and power while

improving performance, conditioning, and minimizing injuries and recovery time.

AGILITY DRILLS

Designed to increase the ability to change direction, accelerate to maximum speed and to react to unexpected situations.

CAMP STAFF

CURRENT HONESDALE HIGH SCHOOL FOOTBALL STAFF FORMER AND CURRENT HONESDALE FOOTBALL PLAYERS

HEAD COACH – Mike Jurkowski

ASSISTANT COACHES

Gene Biscontini

Jeremy Ebert

Joe Kosciuk

Gordy West

Kevin Bose

VOLUNTEER ASSISTANTS

John Fritz

Ron Arnold

Joe LoBasso

FACILITIES

Honesdale High School football complex including – game field, three practice fields, and fully equipped weight and cardio training rooms. In the case of inclement weather, camp will be held in the school gymnasium(s).